

To clean your piercing daily you will need:
Sterile saline wound wash;
Q-tips; and
Non-woven gauze.

General Aftercare

Morning and evening, when debris is present, spray saline wound wash on both the front and back of your piercing. Allow this to sit and soften the debris for a few minutes. Then, spray saline on a Q-tip, use the damp Q-tip to gently wipe away the debris and rinse thoroughly with clean water. Rinsing is important. Leaving saline on the skin will cause dryness. Following the cleaning procedure before a shower allows you to rinse off in the shower.

Store the saline in the fridge for the first few weeks so it is cold upon use, thereby soothing swelling, tenderness, or redness that may accompany an initial piercing. You may also make clean, disposable ice packs for cold compress by putting some ice in a Ziploc bag and wrapping the bag in a clean paper towel. This will help soothe any swelling, tenderness, or discomfort initially. Bleeding, bruising, swelling, and tenderness are all normal reactions to a fresh piercing. It's important not to touch your piercing needlessly. No spinning, twisting, or rotating. Make sure that you wash your hands thoroughly before cleaning the piercing. Try to touch the piercing only during cleaning. Avoid harsh chemical products such as alcohol, peroxide, Bactine, tea tree oil, or any other ointment.

Nipple Piercings

Clean and tight tanktops or shirts may be worn the first few days to help keep things comfortable. Be aware that too tight is not ideal, if you wear bras be mindful of overly tight push-up bras. Medium sports bras and t-shirt bras are perfect. A hard, vented eyepatch can be worn under sports bras or other tight clothing for workouts or sports. Likewise, binding can cause irritation if too tight. Avoid loofas or other washcloths that can snag or irritate.